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No plans? No excuses — here are all of the must-do's in NYC this May. 15

Giants, Jets score high in Metro's NFL Draft grades. 19

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TAKE A BIKE

Today kicks off National Bike Month, and we've got everything New Yorkers need to know about cycling in the city. 4-10

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5 THINGS YOU NEED TO KNOW

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JOSHUA CROUTHAMEL, FEATURES EDITOR

I love biking to work — I avoid the grumbling masses crammed on delayed trains, traffic's never an issue, and I get a bit of fresh air and my blood pumping even before my first cup of coffee. With a little bit of planning, I can get most anywhere I want to go mostly on dedicated cycling paths, so safety's not an issue. And at the end of the day when I walk into happy hour with a helmet, I've got a built-in conversation starter strapped to my head. Bring on summer cycling!

STORMY DANIELS SUES TRUMP FOR DEFAMATION

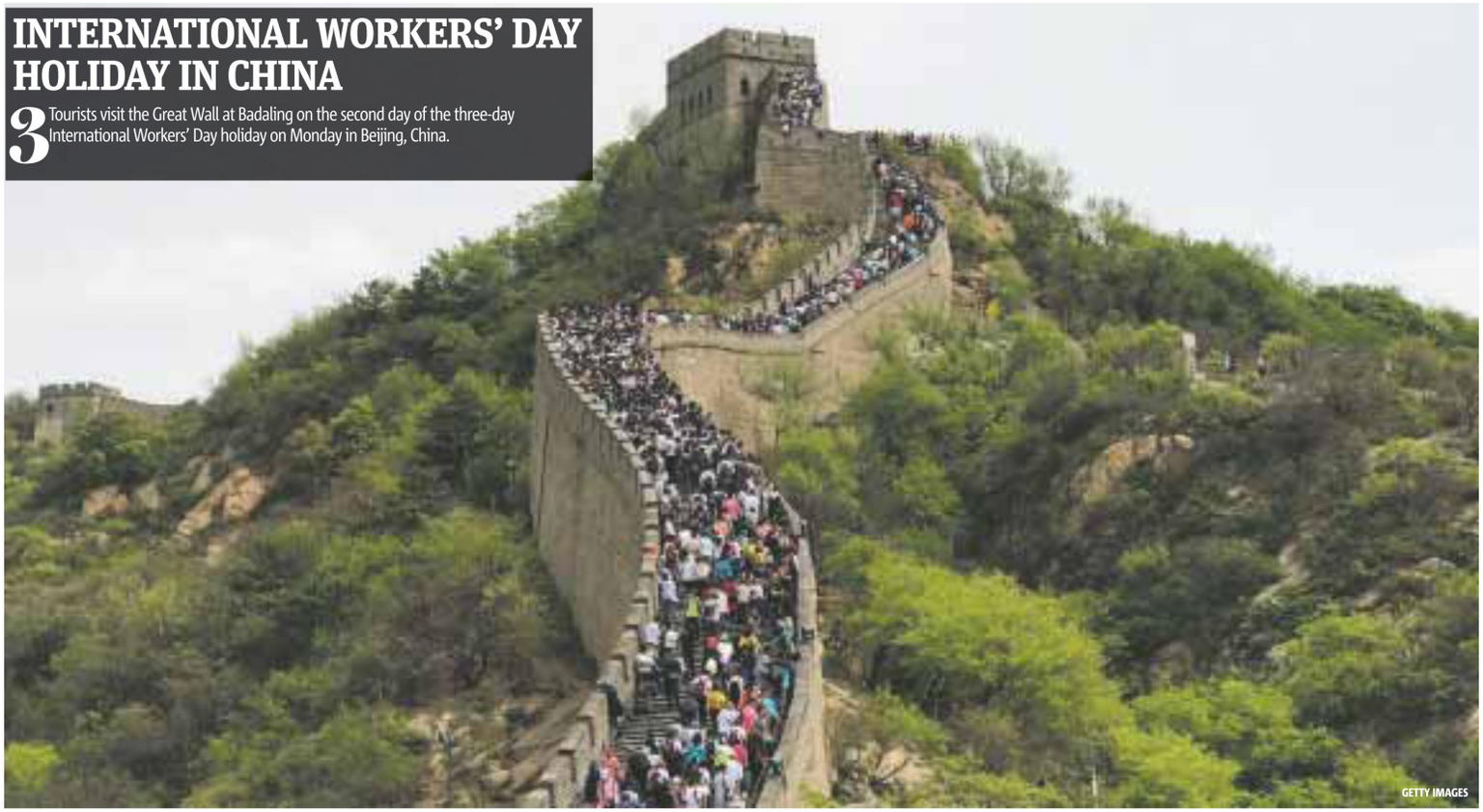
1 Adult film actress Stormy Daniels on Monday sued President Donald Trump for defamation, saying he lied by tweeting that her claim of being threatened if she discussed an alleged sexual encounter with him was a "total con job." The lawsuit in federal court in Manhattan escalates Daniels' litigation with Trump and his personal lawyer, Michael Cohen, who paid her $130,000 before the 2016 presidential election not to talk about the alleged sexual encounter a decade earlier. Neither Trump's lawyers nor the White House immediately responded to requests for comment. Cohen was not named as a defendant in the lawsuit, which seeks compensatory and punitive damages, but faces a separate defamation lawsuit by Daniels. Trump used Twitter on April 18 to complain about a composite sketch that Daniels' lawyer Michael Avenatti had released. That sketch depicted a man Daniels said assailed her in a Las Vegas parking lot soon after she had agreed in May 2011 to work with In Touch magazine on a story about Trump. "A sketch years later about a nonexistent man," Trump wrote. "A total con job, playing the Fake News Media for Fools (but they know it)!"

VP PENCE: 'CARAVAN' AT US BORDER TO BE PROCESSED

2 Up to 50 Central American asylum seekers from a "caravan" looked set to spend a second night trapped at a check point between the U.S. and Mexico on Monday, even though Vice President Mike Pence vowed they would be processed. Mexican officials on Sunday allowed the group of women, children and transgender people onto a pedestrian crossing, but U.S. officials barred them from setting foot on American soil. The group fled El Salvador, Guatemala and Honduras in hope of asylum. Organizers said the people were among the "most vulnerable" of the caravan. U.S. Customs and Border Patrol said the San Ysidro port of entry between Tijuana and San Diego was "saturated" and the migrants would have to wait for it to clear out. A larger group of about 150 people was denied passage onto the pedestrian crossing. Many slept in an open plaza on the Mexican side hoping to be let through to make their case. President Donald Trump said on Monday he was still closely watching the "caravan," while Pence promised the asylum seekers would be processed according to U.S law, adding that laws needed to be changed to remove "incentives" for migrants.

INTERNATIONAL WORKERS' DAY HOLIDAY IN CHINA

3 Tourists visit the Great Wall at Badaling on the second day of the three-day International Workers' Day holiday on Monday in Beijing, China.



GETTY IMAGES

ISRAEL: IRAN LIED, AND DEAL SHOULD BE SCRAPPED

4 Israeli Prime Minister Benjamin Netanyahu on Monday stepped up pressure on the U.S. to pull out of a 2015 nuclear deal with Iran, presenting what he called evidence of a secret Iranian nuclear weapons program in a primetime address on Israeli TV. Intelligence experts and diplomats said he did not seem to have presented a "smoking gun" showing that Iran had violated the agreement, although he may have helped make a case on behalf of hawks in the U.S. administration who want to scrap it. Most of the purported evidence Netanyahu unveiled dated to the period before the 2015 accord was signed, although he said Iran had also kept important files on nuclear technology since then. Tehran dismissed Netanyahu as "the boy who cried wolf," and called his presentation propaganda. President Donald Trump has threatened to pull the United States out of the international deal unless it is renegotiated by May 12. "Iran's leaders repeatedly deny ever pursuing nuclear weapons," Netanyahu said, standing in front of stacks of files representing what he described as a vault full of Iranian nuclear documents. "Tonight I'm here to tell you one thing: Iran lied," he added.

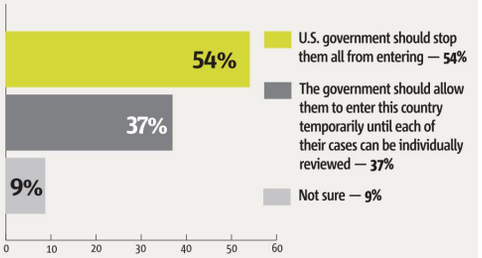
POLL: DEMS LOSE GROUND WITH MILLENNIALS

5 Enthusiasm for the Democratic Party is waning among millennials as its candidates head into the midterm congressional elections, according to the Reuters/Ipsos poll. The online survey of more than 16,000 registered voters ages 18 to 34 shows their support for Democrats over Republicans for Congress slipped by about 9 percentage points over the past two years, to 46 percent overall. And they increasingly say the Republican Party is a better steward of the economy. Although nearly two of three young voters polled said they do not like President Donald Trump, their distaste for him does not necessarily extend to all Republicans or translate directly into votes for Democratic candidates. That presents a problem for Democrats who have come to count on millennials — and will need all the loyalty they can get to achieve a net gain of 23 seats to capture control of the House in November. Young voters represent an opportunity and a risk for both parties, said Donald Green, a professor at Columbia University. "They're not as wedded to one party," Green said. "They're easier to convince than, say, your 50- or 60-year-olds who don't really change their minds very often."

STATS

IMMIGRANT 'CARAVAN'

Hundreds of people from Central America who have crossed Mexico in a highly publicized 'caravan' are threatening to enter the United States illegally any day now. Should the U.S. government stop them all from entering, or should it allow them to enter this country temporarily until each of their cases can be individually reviewed?



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The 40-mile car-free Bike Tour begins in lower Manhattan and winds through the Bronx, Queens and Brooklyn until the cyclists taking part reach the Finish Festival on Staten Island. ALL IMAGES ISTOCK

Cyclists to take over New York City as National Bike Month gets underway

This weekend, Bike Expo New York gets a new home, and cyclists will take over city roadways for the 41st annual TD Five Boro Bike Tour.

NIKKI M. MASCALI
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For more than six decades, May has been all about bicycles thanks to it being National Bike Month, but here in New York City, we celebrate all things two wheels pretty much every day.

Interest in bicycling around town has sped up thanks to the popularity of Citi Bike, the increasing number of protected bike lanes and the annual Bike Expo New York and the TD Five Boro Bike Tour, which both take place this weekend.

The Bike Expo, which runs Friday and Saturday, is moving to Pier 12 in the Brooklyn Cruise Terminal in Red Hook after six years at Basketball City on Pier 36 in lower Manhattan following unexpected maintenance needed on the pier.

"We expect it to be just as fun, if not more so, than its previous incarnation," said Sam Polcer, director of communication for Bike New York, which runs the expo and tour.

The free and open-to-the-public Bike Expo features more than 100 exhibitors, bike-centric programming, food trucks, a beer garden and more, and serves as a packet pickup for Sunday's Bike Tour, which is in its 41st year and is the largest bike ride in North America.

The 40-mile car-free TD Five Boro Bike Tour begins in lower Manhattan and winds through the Bronx, Queens and Brooklyn until the 32,000 cyclists taking part reach the Finish Festival on Staten Island.

"Riders once again will be able to experience roads they normally can't ride on any other day the rest of the year, which makes it a special treat for everybody, especially New Yorkers," Polcer said.

While both of this weekend's big bike events celebrate cycling, they also serve as an instrumental fundraiser for the nonprofit Bike New York, which taught bike skills to more than 25,000 kids and adults last year.

32,000

The 40-mile car-free TD Five Boro Bike Tour begins in lower Manhattan and features 32,000 cyclists winding through the city before ending on Staten Island.

CYCLING SAFETY FIRST

Whether you're an avid New York City cyclist or looking to see what you're missing on a Citi Bike, safety should always come first.

"We want people to use their bikes — it promotes exercise, it's less pollution — but we want to make sure that they're safe," said Inspector Dennis Fulton of NPYD's Transportation Bureau. "We've tried to complement that by using enforcement to deter dangerous driving behaviors or, in the case of bicyclists, deter behavior that endangers them."

While the department has seen an uptick in Vision Zero summonses for both motorists and cyclists the past few years, the department is "prioritized against vehicles — they're going to do the most damage," Fulton said. "We also realize that the cyclists sometimes don't obey the rules and endanger themselves. They're supposed to obey all the traffic rules a motorist would."

The NYPD also encourages all cyclists to wear helmets, refrain from using cellphones while riding, keep at least one ear free from earphones and not ride against traffic.

Before hitting the road, cyclists should also check their brakes and tires, said Ralph Jean, a bike instructor and community outreach and membership coordinator at Bike New York. He also suggests being familiar with your route or mapping it out ahead of time.

"They should definitely wear a helmet and always be alert and predictable," he said.

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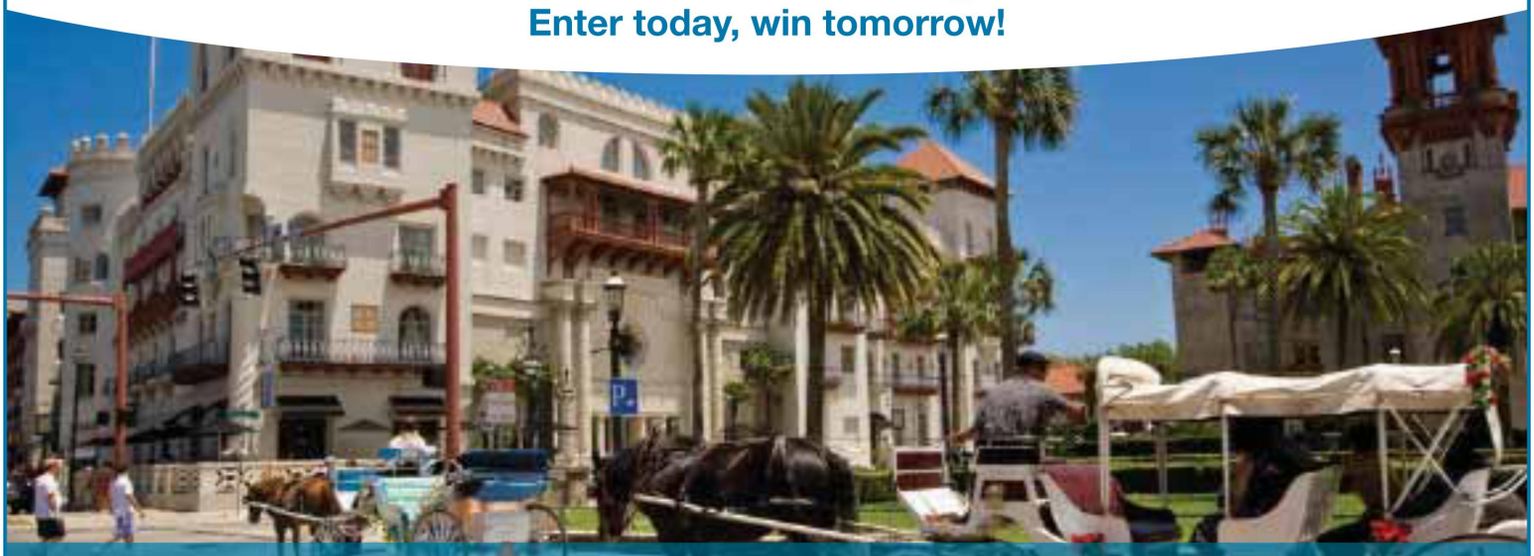

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Forthcoming Hudson Street enhancements include sidewalk extensions, new benches, plants and trees as well as a dedicated and parking-protected bike lanes and more bike racks. PROVIDED

Plans for new Hudson Street streetscape unveiled

The stretch between Canal Street and West Houston will receive extended sidewalks and new street amenities as part of a $27 million initiative in Hudson Square.

NIKKI M. MASCALI
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A seven-block stretch of Hudson Street in Hudson Square is going to receive a major overhaul to improve safety for pedestrians, bikers and motorists while also turning it into a grand boulevard, city officials announced Monday.

As part of the $27 million "Hudson Square Is Now" initiative, Hudson Street between Canal Street and West Houston Street will receive sidewalk extensions of up to 5 feet and amenities that include 8,041-square-feet of planting areas with trees, shrubs and perennials; new benches that will add nearly 170 seats; 2,255-square-feet of space for future sidewalk cafes; energy-efficient streetlamps; new pedestrian ramps and sidewalk realignments and a dedicated and parking-protected bike lane. More than 40 bike racks will also be added.

170
New benches on Hudson Street will add nearly 170 seats.

The Hudson Street streetscape was designed in partnership with the NYC Economic Development Corp. (NYCEDC) and consulting firms AKRF and W Architecture and Landscape Architecture. The project investment is a joint effort between the NYCEDC, the city's Department of Transportation and the Hudson Square Connection Business Improvement District (HSC).

"The Hudson Street streetscape will become a vibrant connection for surrounding communities," said James Patchett, president of the NYCEDC.

Delivery workers who bike around NYC need to be protected, advocates say

Bike advocates gathered at City Hall on Monday to call on Mayor Bill de Blasio to do more to protect delivery workers who cycle around New York City for their jobs.

"I've been given many fees and fines just for doing my job," one delivery worker named Clemente said at the City Hall gathering. "We need the support of the city so we can be able to convert our e-bikes to comply with the laws. We're asking the city not to leave workers behind."

Delivery workers, elected officials and advocates from groups like Transportation Alternatives, Make the Road New York and Biking Public Project spoke out against what they've called a "crackdown" on how delivery workers commute around New York.

City Council Member Margaret Chin spoke at the gathering at City Hall on Monday in support of more protections for NYC's delivery workers. @CM_MARGARETCHIN/TWITTER

Earlier in April, de Blasio announced that the city's transportation department would begin to clarify that pedal-assist bicycles are legal to operate, whereas throttle electric bikes, or e-bikes, which can travel over 20 mph, are not allowed on city streets.

This move harms the city's delivery workers, advocates argue, as most of them use e-bikes. Some delivery workers have reported receiving as many as 14 tickets in one day.

Criminalizing deliver workers who are not immediately able to convert their e-bikes also disproportionately harms New York's immigrant community, said City Council Member Margaret Chin.

The city has also "turned a blind eye" to these e-bikes for years, transit advocates say, allowing city bike shops to sell throttle e-bikes while not explaining their legality. KRISTIN TOUSSAINT

SPONSORED ARTICLE

Getting sober starts with asking for help

WRITTEN BY
Amy Smith

The American opioid epidemic has reached new heights. A whopping 42,249 people lost their lives to an opioid overdose in 2016, according to the Centers for Disease Control and Prevention. The worst part is that this number is five times higher than it was in 1999.

"The overwhelming majority of people entering treatment these days—easily 90 percent—are battling opioids," says Mark Bonanni, an outreach coordinator at Bluecrest Recovery Center in Little Falls, New Jersey. "People are dying at a record pace, and painkillers and heroin are the biggest culprits."

Why? Bonanni speculates that government crackdowns on prescription opioids, which have made it significantly more difficult to get legal, prescription painkillers, have played a major role. Many opioid-addicted Americans have simply turned to illegal alternatives, like heroin on the black market, to fill the void.

"There's no quality control in the illegal drug market," he adds. "Typical heroin use is lethal enough, but people are getting tainted stuff, and it's killing them much more quickly and at an alarming rate."

The opioid epidemic has completely changed the face of addiction. Many still ignorantly believe that most addicts are the disheveled, inner-city "junkies" we often see depicted in movies. This image is woefully inaccurate, according to Bonanni.

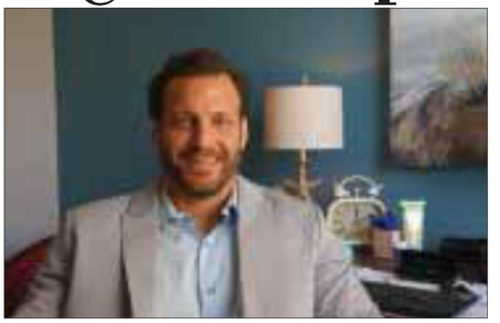
"Today's opioid addicts include everyone from young college students to wealthy suburban parents to top-level executives, and everyone in between," he says. "We need to acknowledge this as the public health crisis it is."

This is where detox and rehab come in, but a huge barrier to getting help is the fear of the drug-withdrawal process. Most opiate-addicted folks have felt the pangs of withdrawal—vomiting, the chills, restlessness—when their supply begins to run low.

"These symptoms can be so bad that people will do anything to avoid feeling that way," says Bonanni. "The good news is that a lot of detox facilities offer medication-assisted treatment. This is a safe, monitored way to ease you off opioids gradually, which majorly takes the edge off of that acute withdrawal phase of detox."

Of course, recovery goes much further than detox. From there, it's all about developing a treatment plan and equipping people with the tools they need to stay sober once they leave. This is exactly what makes psychotherapy such a critical part of the journey. Lasting recovery can't happen if you don't dig deep into your behaviors and the reasons behind your addiction.

"This is where you get some separation and learn the skills to combat relapsing back into the drug of choice when you transition back into the real world," says Bonanni.



Being in long-term recovery himself, he understands these struggles firsthand. Bonanni has been clean and sober for six years and has now devoted himself to helping others through the journey.

"It's not easy, but it's the most rewarding thing you can do for yourself," he says. "Addiction hijacks the brain and makes it virtually impossible to stop, but the alternative is dying the death of an alcoholic or addict, which is a dark, lonely way to go."

If you're struggling with alcoholism or addiction, Bonanni can help you get into treatment. Reach out to him at 973-477-1010 or markb@bluecrestrc.com.

"It's never too late to turn your life around and get help," he says.

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Take a spin around New York City on a Citi Bike for free, thanks to Switzerland. BESS ADLER

New Yorkers can now get free bike-share rides, courtesy of Switzerland

The European country is sponsoring Citi Bike rides in May.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

May 1 marks the start of National Bike Month, and you can take a bike-share out for a spin for free, thanks to Switzerland.

Yup, the European country is trying to get more Americans to bike. Switzerland Tourism has partnered with Motivate, the company behind bike-share systems like Citi Bike, Hubway and more, to bring free bike-share rides to four metro areas.

From now until the end of May, people in New York City and Jersey City, as well as in Chicago, Boston and the San Francisco Bay area can take a spin on the bike-shares in their cities.

The partnership is meant to show people how "convenient, fast and fun cycling can be," according to Switzerland Tourism.

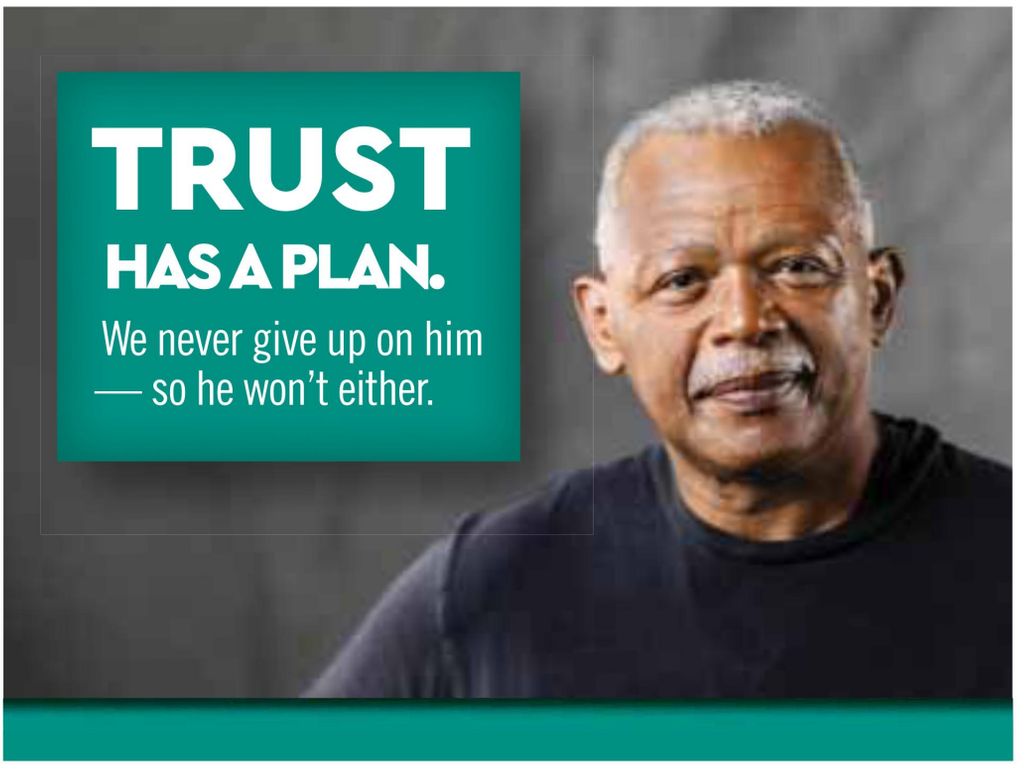
Anyone can send their friends and family an e-postcard through the Switzerland Tourism website at myswitzerland.com/bikes that contains free ride codes for any of the bike-share systems.

Receiving a postcard also gets you a sweepstakes entry where you could win a trip to Switzerland, and representatives of Switzerland Tourism will also be passing out Swiss chocolate and cheese from Motivate tricycles a few times in each city.

Jay Walder, president and CEO of Motivate, said in a statement that "bike-share is one of the best ways to explore a city," and that's really the motivation behind this promo. Switzerland Tourism hopes to attract some American tourists who want to explore on two wheels.

> **"Bike-share is one of the best ways to explore a city."**
> Jay Walder, president and CEO of Motivate

"Switzerland isn't just about skiing and hiking in the Alps," said Alex Herrmann, director of North America Switzerland Tourism, in a statement. "Switzerland offers 5,600 miles of cycling routes and 2,800 miles of mountain biking trails as part of a program called SwitzerlandMobility. Cyclists can also enjoy a group of Swiss hotels specializing in hosting travelers with bicycles. For any bike rider looking for their next vacation, Switzerland's rolling hills, mighty peaks, and modern cities ought to be at the top of the list."



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'Birds are Singing in Kigali'
A story from the Rwandan Genocide

The film comes to NYC for the first time, with the lead actresses hosting a Q&A.

JACOB GREEN
letters@metro.us

Eliane Umuhire and co-star Jowita Budnik will be on hand to talk about the movie. KOSFILM/ GETTY IMAGES

If you go

"Birds are Singing in Kigali"
In Polish, English and Kinyarwanda
May 2 at 6:30 p.m.
110 W 57th St, New York
Tickets are $40 and include the premiere screening, and Q&A with Eliane Umuhire and Jowita Budnik.

Cinephiles with a global conscious won't want to miss the opening night of the New York Polish Film Festival, where "Birds are Singing in Kigali" makes its New York premiere.

A collaboration between a husband-and-wife directorial team, the movie not only chronicles one family's tragic story of survival during the Rwandan Genocide 25 years ago, but has a heartbreaking history itself. Several years in the making, both the film's cinematographer and director, Krzysztof Krauze, passed away. Krauze's co-director and wife, Joanna Kos-Krauze, decided the story was too important not to tell, and completed the project.

Presented by the Polish Cultural Institute New York, Polish Mission to the United Nations and the New York Polish Film Festival, "Birds are Singing in Kigali" follows the path of Polish ornithologist Anna (Jowita Budnik) in Rwanda in the '90s as the Hutus embarked on a 100-day killing spree, exterminating roughly 70 percent of the Tutsi population. Anna is able to rescue the refugee daughter of a slain colleague, Claudine (Eliane Umuhire) and both seek safe haven back in Poland. The adjustment, flashbacks and immutable feelings associated with their shared history makes 'happily ever after' impossible.

New York audiences will have the benefit of meeting them both. According to Eliane Umuhire (Claudine), who is from Rwanda and survived the genocide, at times the script was too close to home. "I had to remove myself from the story because it talks about the genocide, and the consequences and aftermath. And I had to remind myself 'this is not my story. It's the story of a million people.'"

The film series comes at an important time for Poland, the United Nations and efforts to ensure atrocities like those 100 days in 1994 never happen again.

The United Nations Security Council is charged with maintaining international peace and security, and is made up of 15 members. Membership is permanent for five countries (including the U.S.) and awarded in two-year terms to a further 10 countries (including Poland, through 2019). Poland is also going to take on the presidency of the council this month.

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CPR/AED for Healthcare Providers	Sat 05/19/18 FRI 06/09/18	10am - 2pm
Phlebotomy	T - Th 05/22 - 08/23/18	6pm-9pm
EKG Technician	M, W 05/14 - 06/18/18	10am - 1pm
Dental Assistant	M, W 07/16 - 10/10/18	6pm-9pm
Dental Front Office Administration w/billing and coding	Sat 09/15 - 12/01/18	10am - 3pm
Pharmacy Technician	T, W, Th 05/22 - 08/09/18	6pm - 9pm
Clinical Medical Assistant	M, T, Th 07/23 - 11/12/18	6pm - 9pm

Children's Programing

College for Kids	Sat 04/28 - 06/23/18	9:30am - 5pm
SAT Exam Preparation	Sat 05/12 - 06/23/18	10am - 3pm

Education & Language Skills

HSE Spanish	M,W 06/04 - 08/27/18	6pm - 9pm
HSE Spanish	M,W 06/04 - 08/27/18	9:30am - 12:30pm
HSE English	T, Th 05/29 - 08/21/18	6pm - 9pm
HSE English	T, Th 05/29 - 08/21/18	9:30am - 12:30pm
ESOL/Inglés como Segundo Idioma	T, Th 05/08 - 07/12/18	6pm - 9pm
ESOL/Inglés como Segundo Idioma	M, W 05/07- 07/18/18	6pm - 9pm
English Links/Inglés Intensivo	Sat 04/28 - 06/23/18	9am - 2pm
English Links/Inglés Intensivo	M - Fri 05/07 - 07/09/18	9am - 1:30pm

Enrichment Program

Event Planning	T & Th 04/24 - 05/31/18	6pm - 9pm
Prep for the Notary Public Examination	Sat 5/12, 6/02, 6/16	1pm - 5pm
Certified Notary Signing Agent	T, Th 05/08 – 06/19/18	6pm - 9pm
Periodismo y Communicacion I	T, Th 05/22 – 06/21/18	6pm - 9pm
Periodismo y Communicacion II	T, Th 07/10 – 08/07/18	6pm - 9pm
Conversational Spanish for Beginners	T, Th 05/29 – 6/28/18	6pm - 9pm
Income Tax Preparation	Sat 05/12 – 06/30/18	10am - 4pm
Advance Income Tax Course	M,Th 05/07 – 07/05/18	6pm - 9pm

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The study is conducted at the New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institutes of Health.

TransAlt is asking people to try biking to work this May as a way to change notions about the commuting method. ISTOCK

TransAlt challenges New York City commuters to bike to work

The Bike Commuter Challenge, organized by Transportation Alternatives for Bike Month, is a way to change the perception of cycling across the city, advocates say.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Sick of standing on a packed subway in the mornings, or starting your day stuck in traffic? Advocacy group Transportation Alternatives wants you to try another way to head to work: biking.

In honor of Bike Month in May, Transportation Alternatives (TransAlt) is once again hosting its Bike Commuter Challenge, for which people swap their normal commute for one on two wheels.

About 3,000 people from all different workplaces across the city are expected to sign up to participate, said Matthew Cox, partnerships manager with TransAlt. They'll compete to see which office will have the highest percentage of bike commuters throughout the month.

"We see it as a way to get people to take cycling to work as a serious form of transportation, who haven't previously," said Cox. "Obviously a lot of people in New York already do that, but this is a chance [for cyclists] to reach out to coworkers and act as ambassadors for cycling to work."

More than 800,000 New Yorkers ride a bike regularly, according to NYC DOT, and that's a figure that has been growing compared to years past. Cox has noticed the change.

"Cycling in New York City has had a fight," he said. "It's struggled to be considered a normal thing that normal people did."

That's becoming less and less true, though, he added, and he hopes the Bike Commuter Challenge changes that notion even more.

"Especially now with the subway system in crisis, we're seeing a consistent decline in bus ridership, the L train is going to be shutting down — people need a reliable way to get to work, and we think cycling is the answer for that," he said.

800K

More than 800,000 New Yorkers ride a bike regularly.

Tips on biking to work

Cox knows some people may be wary of cycling in the city or sweating before they head into the office, but he has some suggestions to offset those concerns.

TransAlt provides tips on how to bike to work without getting (too) sweaty, like taking one day to bring in a few extra outfits so you can change once in the office.

If you're worried about safety, start a bike chain, he said. Since your coworkers might be doing this challenge with you, buddy up and there's sure to be at least one experienced biker among the group that can lead.

You can also incorporate cycling into just a section of your commute if you aren't ready to dive in helmet-first.

"We aren't saying you have to leave your apartment in the Bronx and bike to the Financial District," Cox said. "Maybe where you normally make a transfer, hop on a Citi Bike instead and ride the last couple of miles. It's all about giving it a shot."

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)

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- The sides of my toenails dig into the skin and hurt.
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- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
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- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
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New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of The New York Times

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Gov. Andrew Cuomo delivers remarks covering NY's ongoing efforts to help Puerto Rico build back better. GETTY IMAGES

Cuomo launches NY Stands with Puerto Rico recovery effort

Puerto Rico is still in need of aid as officials there work to rebuild after Hurricane Maria devastated the island in September, and New York is here to help.

Gov. Andrew Cuomo has launched the "New York Stands with Puerto Rico Recovery and Rebuilding Initiative" to extend a hand to the United States territory.

The effort will involve a Tactical Assessment Team of experts from the state as well as partners from labor, academic, nonprofit and philanthropic sectors.

That team will travel to Puerto Rico and evaluate the island's reconstruction needs, developing a "rebuilding roadmap" from those findings.

In June, about 500 SUNY and CUNY students, as well as construction workers, will be deployed to Puerto Rico. That mission will also be informed by the Assessment Team's findings as those students and builders work to "help Puerto Rico build back better," the governor's office said.

1,000

New York has deployed more than 1,000 personnel and distributed 4,400 pallets of supplies to Puerto Rico.

"There are too many residents in Puerto Rico living in temporary homes that will not withstand this year's fast-approaching hurricane season," Cuomo said in a statement. "As our federal government continues to flounder, New York is taking action to deliver critical housing assistance, resources, and the workforce needed to accelerate rebuilding efforts and construct more resilient homes for residents throughout Puerto Rico."

Through this initiative, those college students will clean, restore and reconstruct homes while also completing an applied learning curriculum and earning college credits while working on the island.

Since the storm, New York has deployed more than 1,000 personnel — including power restoration experts, national guard soldiers, nurses and more — and distributed 4,400 pallets of supplies to Puerto Rico, according to the governor's office.

"On behalf of the people of Puerto Rico, thank you very much to Governor Cuomo, who has supported us since the day after Hurricane Maria hit the Island," Puerto Rico Gov. Ricardo Rosselló said in a statement. "Once again and more than seven months after the catastrophe, he reaffirms his commitment to the Puerto Rican people with this assistance program."

KRISTIN TOUSSAINT

Free Health Event

SKIN CANCER SCREENING

With summer approaching, join us for a check-up on your skin's health at no cost to you. All are welcome, especially those who have a changing mole or a previous history of melanoma, are over the age of 50 (especially men), or do not have a regular dermatologist.

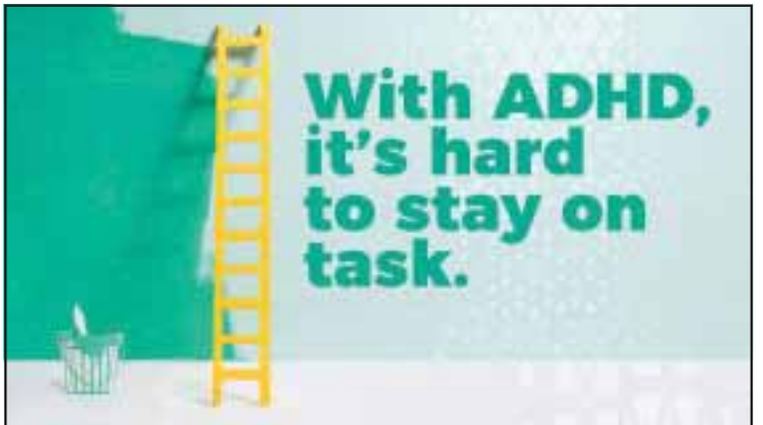
Date: Tuesday, May 8 | 12:30 – 4:30 pm

Location: 240 E. 38th Street, 12th Floor

No appointment necessary. Arrive no earlier than 12 pm and no later than 4:30 pm to ensure that you are seen. For screening information only, please call 212-263-2627.

Presented by The Ronald O. Perelman Department of Dermatology and Perlmutter Cancer Center

NYU Langone Health



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"Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment… prepares for overw

By Matt Edgar
America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the ***NY Pain MD*** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they, too, can be helped. And newer research indicates it can help hips, ankles and shoulders as well".

What Is This Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 mil-lion Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good… or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible when using ***NY Pain MD*** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T). To achieve the best results.

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your" normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint–much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses it's lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil.* Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Viscosupplementation is precisely introduced directly in to your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider:** Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months. "And the best part is: Since these gel lubricants are natural substances; they can be used over and re over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation... Where Can You Get It And... When Should You Start?

You should certainly consider The ***NY Pain MD*** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have-or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why …

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments c may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation… that's it.

Why Treatments At *NYC Pain MD* Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging - also known at Precision Arthritis Targeting - which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures - without digital imaging - it can miss the joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at ***NY Pain MD*** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

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helming demand as news of it's impressive results spread across NYC and Tri-State Area

But There Is A Problem…

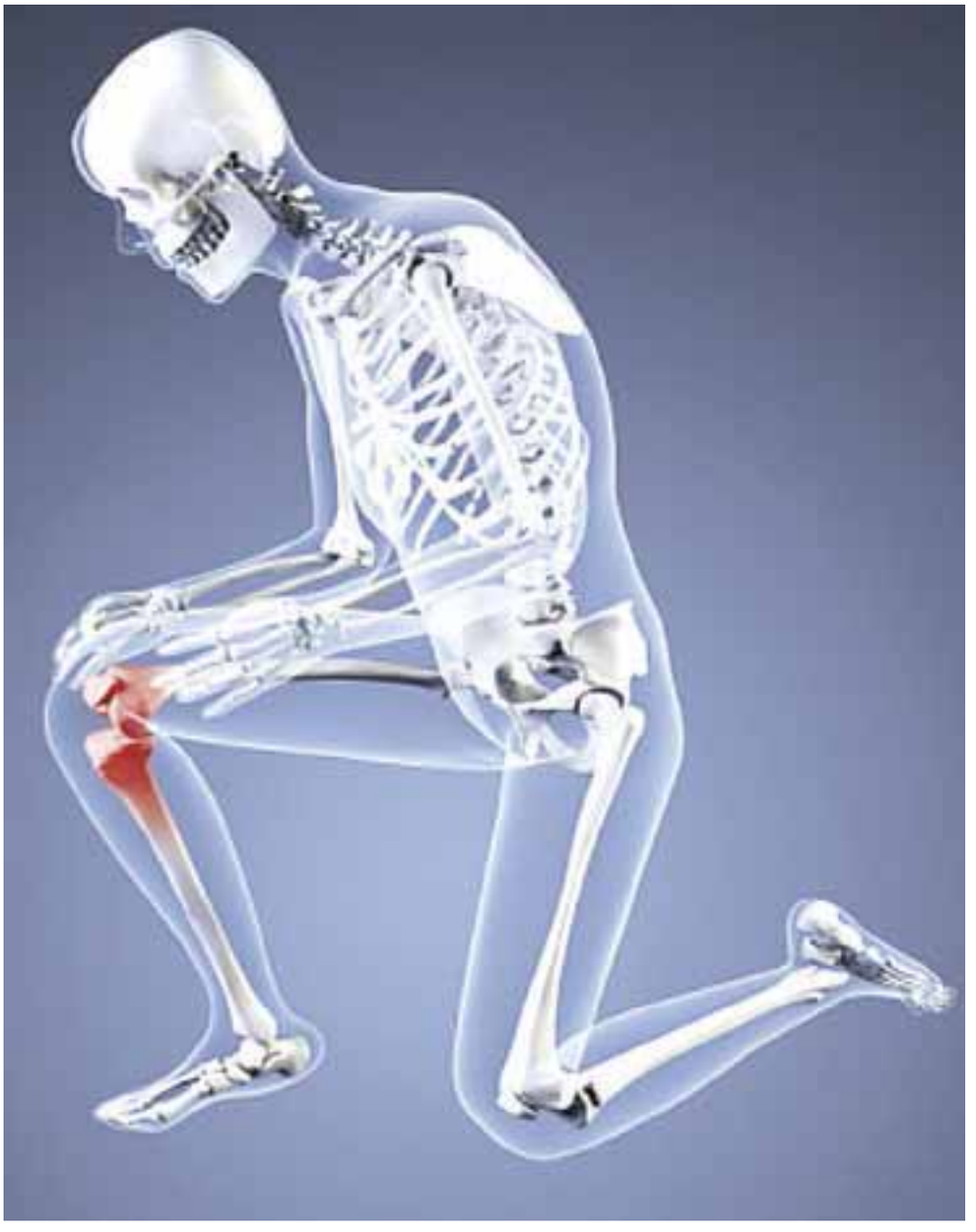
Even though this advanced treatment can help many patients, it is not a wonder cure or a magic wand. It does not help everyone. For that reason, every potential patient should have a complete examination. You will only be accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

Here's How To Get A Free Screening at NYC Pain MD

Simply call 877-568-8350 and when Aura, Travis or Priscilla answers the phone tell them you want your No-Obligation "Knee Pain Screening". Discover if The ***NYC Pain MD*** Program can ease your knee arthritis pain like it has already done for so many others.

NYC Pain MD
57 West 57th & 65 Broadway
877-568-8350
www.PAINMDNY.com

That's why ***NY Pain MD*** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-568-8350 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a ***"NY Pain MD Knee Pain And Arthritis Screening."*** They will know exactly what you are talking about and schedule you for our first time available. During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the ***NY Pain MD*** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hundreds calling weekly. Since our doctors cannot possible screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounter. Therefore, the number of No-Cost, No Obligation screenings is limited to just 20. But… just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized… ready to take on the brand new day… without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just



"imagine" any more… because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give ***NY Pain MD*** a call at 877-568-8350 right now. Why wait one more day in pain when you may not have to? Call now before some one else get's your spot.

One More Thing & This Is Important…

Ever since offering this innovative treatment, our office has been flooded with calls. For that reason, if when you call, the lines are busy or you get voice mail… just keep calling back. The possibility of living pain-free is well worth the effort it may take to get through to ***NY Pain MD*** schedule your No-Cost, No-Obligation screening.

And don't forget: The special treatments are covered by many insurances and even Part B medicare for qualified candidates. To schedule your No-Obligation screening and consultation, call to speak to one our scheduling coordinators.

Call 877-568-8350 Now.

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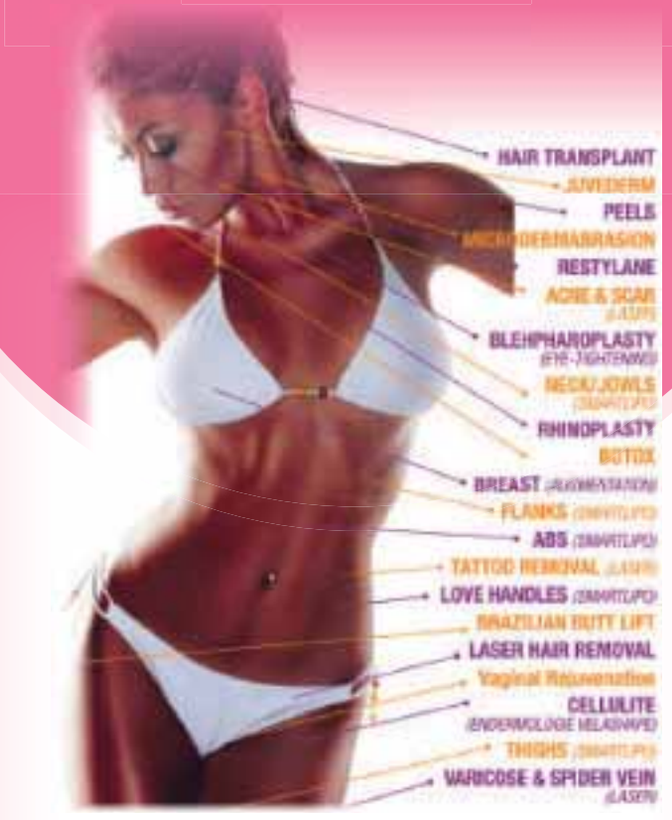

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Parts of the original Tappan Zee Bridge that stood over the Hudson from 1955 to 2017 will be dispersed between six artificial reefs off the coast of Long Island. WIKIMEDIA

Old Tappan Zee Bridge to become artificial reef off Long Island coast

Parts of the span that stood over the Hudson from 1955 to 2017 will be dispersed between six artificial reefs off the coast of Long Island.

NIKKI M. MASCALI
nikki.mascali@metro.us

For more than 60 years, the original Tappan Zee Bridge served as a connector over a New York waterway, and now parts of the still-being-demolished structure are heading under the surface to become part of an artificial reef off Long Island.

Starting this week, concrete and steel from the original Tappan Zee Bridge will be dispersed via barge between six artificial reefs off the coast of Long Island, The New York Times reported, and around 30 other barges will follow through early fall.

The old Tappan Zee will be sunk alongside decommissioned vessels from the Erie Canal and other upstate waterways as well as scrap materials from other transportation projects across the state.

State officials told the Times that all the materials that will be used for the artificial reefs will be cleaned before they are put underwater. The cost to transport the materials to the reefs is estimated to be around $5 million, which is being covered by Tappan Zee Constructors, the private firm that built the new span, as well as the New York State Power Authority.

The move to recycle the former bridge expands a state-mandated artificial reef program that maintains 12 such reefs across the state; there are two in Long Island Sound, eight in the Atlantic Ocean and two in Great South Bay between Fire Island and Long Island.

Other portions of the original Tappan Zee Bridge will be sent to scrap yards and recycling centers, while some materials have been repurposed for infrastructure projects by counties and the state's Department of Transportation.

The Tappan Zee Bridge stood over the Hudson River from December 1955 to October 2017, when it was replaced by the new, $4 billion span also called the Tappan Zee Bridge and subsequently began being dismantled. At 3 miles long, the new structure remains the longest bridge in New York state.

It is officially named Gov. Mario M. Cuomo Bridge after the former governor, who served three terms in office from 1983 to 1994. Cuomo, the father of current Gov. Andrew Cuomo, died in 2015.

LIFESTYLE

Spring Forward

Groove to free shows at SummerStage. PROVIDED

See "Hamilton" star Daveed Diggs at a Rooftop Films screening of "Blindspotting." LIONSGATE

It's finally time to pack away winter and get out into the best events coming up this May.

EVA KIS
eva.kis@metro.us

Go on an art field trip
If you go to only one art show a year, make it Frieze New York. The annual foray into all that's hot now in the world of contemporary art beckons visitors to Randall's Island for a weekend of transformative works. Yes, there's destination food too, plus performers doing things like picking your pocket in the name of art. *May 2-6, frieze.com*

Rediscover bike riding
It's National Bike Month, and the MTA hasn't come up with a proper alternative to the L train shutdown yet. All of which is to say it's time to learn about biking in the city (it's not just for thrillseekers) at Bike Expo New York, the East Coast's largest bike show coming to Pier 12 in Red Hook. You'll find over 100 vendors, bike event organizers, plus a beer garden, food trucks and panels. *May 4-5, bike.nyc*

Convention for cats
Because it's not enough to own the internet, the cat people of New York City are coming to Greenpoint to hear Jackson Galaxy and friends talk about all things feline at the second annual Cat Camp. There will be hundreds of adoptable kitties, panels, plus a marketplace (cat wine!), live watercolor painting, meet-and-greets with famous kitties like Lil Bub and tons more. *May 5-6, catcampnyc.com*

Outdoor markets
Smorgasburg is always the first outdoor food hall to pop up, a brave move when you're sitting on the banks of the East River. This month, you can finally ditch the down-filled coats for bites at Urbanspace's seasonal monthlong markets: Broadway Bites opens May 2 at Greeley Square, followed by Mad. Sq. Eats on May 5.

March for marijuana
The fight to legalize marijuana, both medicinal and recreational, has been going on for over four decades. The momentum is in its favor, so keep it going at the annual NYC Cannabis Parade starting on Broadway at 31st Street and ending at Union Square Park. *May 5, cannabisparade.org*

Mother's Day
Friendly reminder to make a brunch reservation, buy some chocolate or even just get a card, you've only got one mom and she really will appreciate you remembering that. *May 13*

Watch poetry in motion
The American Ballet Theater's spring season starts May 14 with Giselle, known as the "epitome of a Romantic ballet," followed by Igor Stravinsky's tale of two lovers who defy a sorcerer Firebird, plus Don Quixote, a Christmas-in-June presentation of The Nutcracker and ending on the iridescent Whipped Cream. *May 14-July 7, abt.org*

The coolest film series
Rooftop Films has the best indie movies in prime locations. You won't find these flicks in mainstream theaters — expect offbeat features and shorts instead. This year, the Rooftop crew is taking things further with new locations like Green-Wood Cemetery and Brooklyn Army Terminal and curated live performances by the film's stars. Not to mention live music before the show and a sponsored bar afterparty. *May 19-Aug. 25, rooftopfilms.org*

The meow the merrier at Cat Camp! ANDREW MARTTILA

Hawaii in the Bronx
Wander among the flora and fauna that inspired painter Georgia O'Keeffe at the New York Botanical Garden's Visions of Hawaii. The lush tropical atmosphere that inspired her on a trip in 1939 will be recreated and accompanied by 20 of her paintings. *May 19-Oct. 28*

Take the pulse of pop culture
From podcasts to TV, movies and stage, if it's hot in pop culture right now it's coming to Vulture Festival, a weekend of panels, screenings, performances and live recordings with guests like Maggie Gyllenhaal, Ava Duvernay and the cast of Queen Sugar, the cast of Netflix's "Glow" and the comedians of Las Culturistas. *May 19-20, vulturefestival.com*

Music comes outdoors
Because it's not spring until SummerStage arrives, head outdoors for the (mostly) free concert series in New York parks starting May 16, while the Coney Island Amphitheater starts rocking on May 26. Good Morning America's Summer Concert Series on Fridays in Central Park and the Today show's Rockefeller Plaza series also kick off mid-month.

Head to the beach
Lifeguards are back on duty as of May 26, so grab your blankets and head for the sand on the city's public beaches. Inland swimmers, alas, will have to wait until June 27 for public pools to open.

Spring = Shakespeare
Forget music festivals — after last year's Caesar-as-Trump triumph, the hottest ticket of the season is the Public Theatre's Free Shakespeare in the Park. The action returns to Central Park's Delacorte Theater with Othello (May 29-June 24), followed by the Twelfth Night (July 17-Aug. 19).

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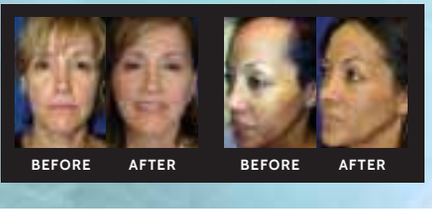

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What's new on Governors Island

Peace and quiet, with Lady Liberty still in sight.
TIMOTHY SCHENCK

The savvy New Yorker's getaway is better than ever for 2018.

EVA KIS
eva.kis@metro.us

Getting away from it all in New York City takes just eight minutes. That's how long the ferry ride is to Governors Island, once a military bulwark that protected New York Harbor and now an idyllic trip to New England with Statue of Liberty views.

Still slightly under the radar (or at least not on the tourist agenda yet), Governors Island is big enough to not feel crowded but definitely bustling with families enjoying the city's longest slide, bikers rolling along its car-free promenades and couples bringing picnics on the lawn.

Opening for the 2018 season on Tuesday, May 1, the island is bustling with new activity, all part of a plan to eventually keep it open year-round. The Trust for Governors Island, the nonprofit working to redevelop the 172-acre urban playground, got a step closer to that goal by extending the season by a month last year to Oct. 31 for the first time with tons of Halloween events.

To sweeten the deal, your normally $3 round-trip ride to the island will be free during opening week (May 1-6). Kids under 13 and weekend trips before noon are always free from Lower Manhattan daily, plus Brooklyn Bridge Park's Pier 6 on Saturday and Sunday.

Here's our guide to what's new for 2018:

Catch a movie

For the first time in decades, the Film Society of Lincoln Center will curate a four-film series on the second Friday of every month beginning June 8 with "'Escape From New York" (ha!) on the Parade Ground, a newly restored 8-acre lawn directly behind Fort Jay. Admission is free!

Your new Friday night hangout

Of all the things you can do on Governors Island, the simple pleasure of watching the sunset hasn't been one of them because the last boat leaves at 6 p.m. on weekdays and 7 p.m. on weekends. But beginning this season, the Island will remain open until 10 p.m. every Friday evening from

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Island Oyster will get some competition from a taco bar next door. PROVIDED

Memorial Day weekend (May 25) through Sept. 14. You won't just be able to take in sparkling views of Lower Manhattan and the Brooklyn Bridge — art and cultural programs in its historic homes, bike rentals and restaurants will all stay open through 10 p.m. Note that late-night ferry service will only run from Manhattan, with boats at 5:30, 6:30 and 7:30 p.m. and leaving Governors Island on the hour until 10 p.m.

Culture Calendar

Just a few of the special events happening this season on Governors Island:

May 12: Holi Hai
May 27: Family Fun Day
June 16-17, Aug. 25-26: Jazz Age Lawn Party
June 23-24: Figment Festival
June 30: Full Moon Fest
June 30/July 1: Pinknic
Mid-September: Vendy Awards

Waterfront dining

Last year's celebrated addition, Island Oyster, served seafood and cocktails at a tropical 100-foot bar facing Lower Manhattan, and this summer will be joined by another newcomer just to the left of the Manhattan ferry landing — Taco Beach, set to serve tacos and frozen cocktails in late May.

Sleep under the stars (in luxury)

Late hours not late enough for you? Beginning this season through 2020, you can book a tent for a night (note: weekends require longer stays) starting at $75 at a new luxury "glampground" operated by Collective Retreats. The "unique, environmentally-friendly overnight lodging" will have views of the Statue of Liberty and a dining hall (for the full summer camp effect) offering sit-down meals and boxed meals you can cook up yourself on one of the island's grills (by reservation). And no camp is complete without programs like concerts and wellness activities, which will be free and open to the public.

More art than ever before

From its annual outdoor art carnival Figment to the nearly three dozen artistic organizations that stage interactive projects, dance performances and music festivals all season, Governors Island champions all forms of art. This season brings two "monumental" new exhibits by internationally renown sculpture artist Jacob Hashimoto. The thousands of delicate rice paper kites that make up "The Eclipse" will make their home inside the refurbished St. Cornelius Chapel, which will welcome visitors for the first time in five years. A rainbow-hued outdoor installation called "Never Comes Tomorrow" will hang in the Liggett Hall Archway. ***May 5-Oct. 31***

Jacob Hashimoto PROVIDED

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4 Shows you can't miss this May

From a new season to a new series, we've got your couch-time covered.

RACHAEL VAUGHAN CLEMMONS

"DEAR WHITE PEOPLE"

The first season of "Dear White People" was exciting stuff, so where will a second season of the series take us? Expect commentary on the dangers of social media, backlash to the backlash and — according to series creator Justin Simien — "a lot of secrets to uncover." We've said it before and we'll say it again: Stories about black people by black people aren't just in vogue. They're here to stay.

"Dear White People" premieres May 4 on Netflix.

"VIDA"

A series that dives deep into the lives of two Mexican-American sisters, and the secrets they uncover in the wake of their mother's death? Yes, please. Vida covers a lot of territory — gentrification, secret lives, sisterhood — and it does it all in the scope of an East Los Angeles Latino community, giving a voice to of a group of people chronically underrepresented in television and film. More of this!

"Vida" premieres May 6 on Starz.

"FAHRENHEIT 451"

As tired as Hollywood's constant obsession with reboots, remakes and adaptations is, here's one that has our full attention. After all, a newfangled version of "Fahrenheit 451," one that stars very good actors Michael B. Jordan and Michael Shannon is a guaranteed hit, right? And after Jordan's performance in "Black Panther" this year, we can't wait to see where, exactly, he and his abs take us this time around. Hopefully to some sexy, secret library where books are A-OK. ***"Fahrenheit 451" premieres May 19 on HBO.***

"UNBREAKABLE KIMMY SCHMIDT"

If you've loved Kimmy Schmidt since it's premiere, tuning in for the fourth season is a no-brainer. Especially since the reliably bingeable series only improves with age. The one caveat is that Netflix will only be releasing the first six episodes this month, but exercise patience, friends: Good things come to those who wait (and those who dress up as Beyoncé and do their own "Lemonade," a la Titus).

"Unbreakable Kimmy Schmidt" premieres May 30 on Netflix.

Grading Jets, Giants NFL Draft

Joe Pantorno and Kristian Dyer break down how both NYC-area teams performed during draft weekend.

It's that post NFL Draft-hangover time.

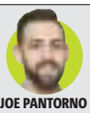
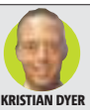
There will be plenty of New York Jets fans that will admit that their first-round selection was the only one that mattered in the 2018 NFL Draft, making the entire selection process an overall successful one.

But there were five other picks to be made after the Jets traded up to No. 3 from No. 6 and with plenty of holes to fill, they attempted to address them in the later rounds.

For the Giants, there was a lot riding on the draft as the franchise is attempting to pull off a speedy rebuild after a dreadful 3-13 season earned them the No. 2 overall pick of the selection process.

But new general manager Dave Gettleman's ability to keep his priorities somewhat shrouded in mystery had many wondering if the Giants would have been able to get the pieces needed to start adding both skill and depth to a roster devoid of both at many positions.

JETS

 JOE PANTORNO		 KRISTIAN DYER
The best QB fell into the Jets' laps. Now they can mold Darnold into something they haven't had in decades: a true star quarterback. **GRADE: A+**	*RD. 1, PICK 3* **SAM DARNOLD QB USC**	The only pick that made sense; Darnold is finally the franchise quarterback this team so desperately needed. **GRADE: A**
This is a raw talent that can move quickly east and west in order to find holes in the offensive line. **GRADE: B**	*RD. 3, PICK 72* **NATHAN SHEPHERD DT FORT HAYS ST.**	Big and athletic, a nice addition at nose tackle who will need at least a year before he becomes an impact player. Big upside. **GRADE: B+**
Herndon is a work in progress, but the athletic, pass-catching tight end could develop alongside Darnold as a go-to target one day. **GRADE: B**	*RD. 4, PICK 107* **CHRIS HERNDON TE MIAMI (FL)**	The tight end has a good frame but is coming off a serious knee injury; has good hands and surprising speed. **GRADE: B**
Nickerson's best chance of contributing in the NFL is in the slot. But if he can't tackle, his chances of staying are slim to none. **GRADE: C-**	*RD. 6, PICK 179* **PERRY NICKERSON CB TULANE**	Not the biggest cornerback, Nickerson overcomes his lack of size with tenacity. Adds depth to the secondary. **GRADE: C**
Fatukasi showed flashes of becoming a disruptive presence in the trenches. As long as the Jets find the right spot for him, he could do well. **GRADE: B-**	*RD. 6, PICK 180* **FOLEY FATUKASI DT UCONN**	A good, thick defensive tackle with limited upside but certainly can carve his way onto the two-deep. **GRADE: C**
Trying to catch Cannon in the open field is like trying to catch smoke. But he has to build up his strength big time. **GRADE: C-**	*RD. 6, PICK 204* **TRENTON CANNON RB VIRGINIA ST.**	The Virginia State running back is speedy and shifty but a bit light, not built for being an every-down back. **GRADE: C**

GIANTS

JOE PANTORNO		KRISTIAN DYER
The Giants went with the best-overall prospect in the draft class in Barkley, who will bring star power to a backfield that has struggled: **GRADE: A+**	*RD. 1, PICK 2* **SAQUON BARKLEY RB PENN ST.**	Barkley is the best football player in the draft and instantly helps the league's worst rushing offense. No. Brainer. **GRADE: A**
An O-Lineman with a mean streak like Hernandez is just what's needed to protect the 27-year-old Eli Manning and Barkley. **GRADE: A**	*RD. 2, PICK 34* **WILL HERNANDEZ OG UTEP**	The guard is a first round talent that finally addresses serious needs along the offensive line. **GRADE: A-**
He has a high ceiling, though it is somewhat of a risky pick given his inconsistencies. Regardless, he'll bring outside pass-rushing support. **GRADE: B**	*RD. 3, PICK 66* **LORENZO CARTER EDGE GEORGIA**	A bit of an enigma at Georgia with sporadic production, Carter is a pass rusher who figures an outside linebacker in the 3-4. **GRADE: B-**
Hill could be a work in progress due to questions surrounding his strength and athleticism. **GRADE: C-**	*RD. 3, PICK 69* **B.J. HILL DT NC STATE**	A big body, Hill understands gap assignments well and took on multiple blockers at North Carolina State. **GRADE: C+**
Lauletta was one of the best QB's in FCS and if he works on his anticipation to make up for his lack of arm strength, the Giants might have something here. **GRADE: B**	*RD. 4, PICK 108* **KYLE LAULETTA QB RICHMOND**	A good-size quarterback, Lauletta lacks arm strength and threw some bad picks at Richmond but could develop into a solid quarterback. **GRADE: B-**
Where there is an explosive first step, there isn't a lot of strength. That could lead the Giants to try him at defensive end. **GRADE: C+**	*RD. 5, PICK 139* **R.J. McINTOSH DT MIAMI (FL)**	Had solid production as a two-year starter at Miami; adds good depth to the defensive line. **GRADE: C**

Mets meet surging Braves in ATL

The NL East-leading Mets will try to hold off the surprising Braves starting tonight.

JOE PANTORNO
joseph.pantorno@metro.us

Coming off a series win in San Diego against the Padres — their sixth in nine this season — the New York Mets arrive in Atlanta to start a three-game tilt against the surprisingly dangerous Braves, who have already taken two-of-three games from the Amazins in Queens last month.

Winners of four of their last five, including taking two of three from the Philadelphia Phillies, the Braves (16-11) are just 1.5 games back of the Mets (17-9) for first place in the National League East.

While they've received solid, if not expected production from the likes of veterans Freddie Freeman and Nick Markakis, Atlanta has been spurred on by 21-year-old second baseman Ozzie Albies.

Asdrubal Cabrera (left) and Ozzie Albies (right) carry their teams into a surprisingly important May series between the Mets and Braves. GETTY IMAGES

After playing in just 57 games last year, Albies has proved to the Braves during his brief stint in the majors that he isn't going anywhere.

Through 27 games, he is tied for the National League lead with nine home runs while his 34 hits, 12 doubles and 29 runs are tops.

He'll see the heart of the Mets' pitching staff beginning tonight as Noah Syndergaard opens the series only to be followed by Jacob deGrom on Wednesday. Syndergaard (2-0, 2.86 ERA, 46 K's) has had problems with Atlanta in the past, posting an 0-1 record and 4.05 ERA in five career starts.

He'll be supported by a short-handed offense too as Yoenis Cespedes, who was batting .381 in his last six games after a difficult start to the season, is expected to miss three days due to a thumb injury picked up during Sunday's 14-2 beatdown of the Padres.

Asdrubal Cabrera will be tasked to continue carrying the offense as he's proven to be the Mets' best bat this season. The second baseman that once wanted to be traded is batting a team-best .340 to go with five home runs.

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ENTERTAINMENT

GAMES

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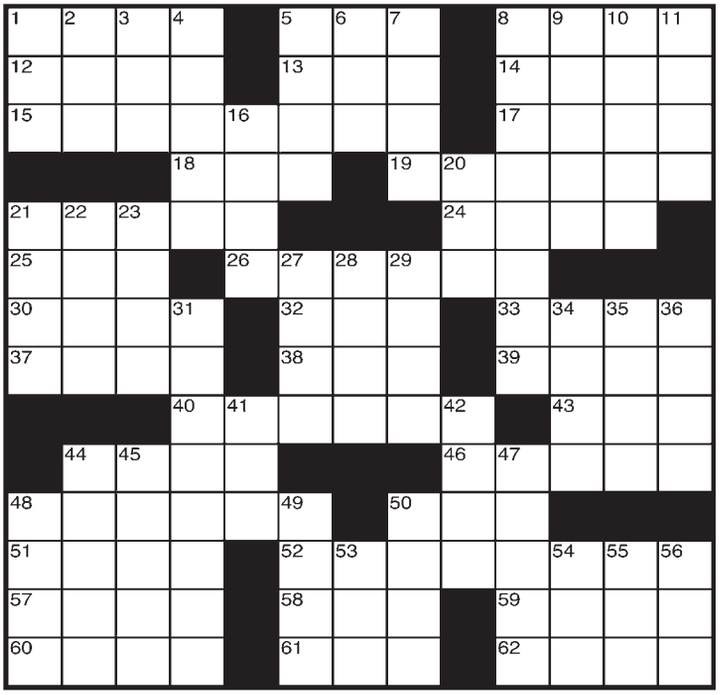
ACROSS

1 Wields an ax
5 Upper limb
8 Fine and liberal
12 MP prey
13 Gretzky's org.
14 Tight as a drum
15 Biologist's kitty? (2 wds.)
17 Singer-dancer -- Turner
18 Cave, often
19 Desk drawer item
21 Nutritional supplement
24 Like summer tea
25 Columbus sch.
26 Sufficient
30 Hwys.
32 Qty.
33 Nervously irritable
37 Hardy green
38 Estuary
39 Positive
40 Musical beat
43 Prize marble
44 Gentle exercise
46 Vast chasm
48 Plain
50 Part of RSVP
51 Ms. Ferber
52 Hamlet resident
57 Count -- --!
58 NASA counterpart
59 Tiber city
60 -- du jour
61 Sow's pen
62 -- de vie (brandies)

DOWN

1 Crone
2 She may get fleeced
3 Ended up ahead
4 Yukon transport
5 In a while
6 Letter before sigma
7 Marseilles Ms.
8 Tacks on
9 Hoist
10 Adjusted
11 Night light
16 -- Fountain of jazz
20 Outfit
21 Fergie's duchy
22 Como -- usted?
23 Novelist Jean --
27 -- a soul
28 Neglect
29 Four Corners state
31 Bilko or Pepper
34 Tax
35 Pate de foie --
36 Evergreen trees
41 Holbrook or Roach
42 Junk or snail --
44 Call from the Alps
45 "-- vincit amor"
47 Traffic-jam noise
48 Rope fiber
49 Jacques -- Cousteau
50 Vanquish a dragon
53 Devotee's suffix
54 -- -- few rounds
55 Ostrich kin
56 T. --



metro.us/sudoku

easy

6				8	7		2	
2				6	5			
4	3		1					
						3	6	7
		6	2		3	8		
3	5	7						
					2		5	6
			8	9				3
	4		5	3				2

hard

	6	8		9			1	4
	9				6			3
			1			9		6
7	5							
	8		4		3		5	
							4	9
8		9			7			
6			9				2	
2	4			8		1	9	

metro.us/horoscopes

Aries You are best off formulating a plan that will help you maintain your current position and reputation. Don't make an announcement that will cause others to talk about you.

Taurus Learn from those with more experience and use the information you are given to help you advance. Understanding the possibilities on a new idea will pay off.

Gemini Choose your associates wisely. How well you are respected will be directly linked to your choice of associates and your honesty and integrity.

Cancer Walk away from anyone who is trying to enforce changes that you don't want to make. You are best off looking inward and focusing on personal improvements.

Leo Emotional confusion and inconsistency will leave you in a quandary regarding what to do next. Think twice before you make unwise decisions that could be costly.

Virgo Keep emotions out of any deal you are trying to close. Being practical and assessing situations using the right tools will serve you well.

Libra Partnerships can be difficult if someone you are dealing with isn't sensitive to the needs of others. Find a diplomatic way to solve the problem.

Scorpio Take a close look at a project that appears to need an adjustment. Knowing what you are up against and relying on experience, practicality and facts will bring good results.

Sagittarius Make personal changes that will improve your current living situation. Gather facts and be prepared to counter anyone trying to meddle in your affairs.

Capricorn A unique opportunity will give you access to interesting options that could improve your home life. Lighten up and show off your sense of humor to gain support.

Aquarius Concentrate on practical physical improvements that will lift your spirits. Living within your means will give you a sense of accomplishment.

Pisces Someone will withhold information, giving you a false sense of hope. Find out exactly where you stand before you make promises or personal changes. **EUGENIA LAST**

Yesterday's answers

■	F	O	Y	T	■	■	■	P	O	W	E	R	■	■
L	E	G	E	N	D	■	F	E	D	O	R	A	■	■
A	E	R	A	T	E	■	O	P	E	R	A	S	■	■
O	L	E	S	■	C	H	E	■	■	N	T	H	■	■
■	■	■	T	R	E	A	S	O	N	■	■	■	■	■
P	G	A	■	V	I	M	■	H	O	N	I	■	■	■
C	A	V	E	A	T	■	S	I	L	E	N	T	■	■
S	T	E	A	L	S	■	C	O	L	A	D	A	■	■
■	E	C	R	U	■	A	R	A	■	R	Y	E	■	■
■	■	■	L	E	A	S	I	N	G	■	■	■	■	■
I	S	M	■	■	K	O	B	■	L	E	I	S	■	■
M	U	E	S	L	I	■	E	D	I	T	O	R	■	■
P	I	S	T	O	N	■	S	E	D	A	N	S	■	■
S	T	A	Y	S	■	■	■	F	E	T	A	■	■	■

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